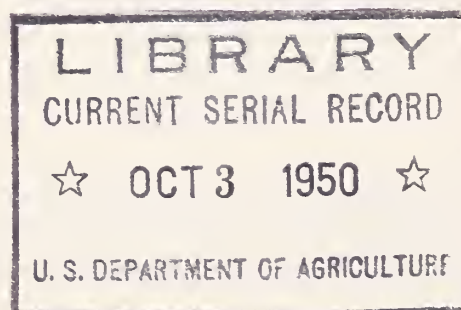


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School Lunch Recipes using Turkey



U.S. Department of Agriculture

Washington, D. C.

September 1950



PA - 108

To Guard Against Spoilage and Food Poisoning

Uncooked turkey

Store frozen turkeys at 0° F. or below.

Thaw turkeys in a cold room or in the refrigerator.

Draw turkeys as soon as they are thawed.

Store drawn turkeys in a refrigerator at a temperature of 35° to 40° F. if they are not to be cooked at once. Do not store drawn turkeys longer than 1 day before cooking.

Do not refreeze uncooked turkeys.

Cooked turkey

Cook turkey and dressing separately--do not stuff the bird.

Cook turkey until well done.

Cool turkey and broth quickly after it is cooked if it is not to be served at once. Removing turkey from the broth speeds the cooling.

Then refrigerate at 35° to 40° F. Do not hold cooked meat or broth longer than 2 days before using.

Do not hold stacked turkey slices for longer than 1 hour before serving.

Hot dishes using turkey should be kept hot and served promptly. Try to plan the quantity to prepare so that none will be left over. If any turkey slices or turkey dishes remain after the serving period, cool quickly; then store in the refrigerator (35° to 40° F.); use within 24 hours. Reheat thoroughly before serving.

The directions for cooking and cooling and refrigerating turkeys and the recipes in this publication have been so arranged that they can be cut apart and added in the proper place in the card file, "School Lunch Recipes for 100," PA-18.

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BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS
in cooperation with
PRODUCTION AND MARKETING ADMINISTRATION
U. S. Department of Agriculture
September 1950

1888

Received of the Treasurer of the
Board of Directors of the
City of New York
the sum of \$100.00
for the year ending
June 30, 1888

By the Treasurer of the
Board of Directors of the
City of New York
J. J. [Signature]

Witness my hand and seal
this 1st day of July, 1888

Attest
J. J. [Signature]

SCHOOL LUNCH RECIPES USING TURKEY

The recipes in this publication were developed especially for school lunches and were tested by managers and cooks in several school lunch programs. Frozen dressed turkeys were cooked and used in developing these recipes. However, the methods of cooking are the same and the recipes may be prepared by using the cooked meat whether from frozen or freshly killed, dressed or ready-to-cook turkeys.

Frozen turkeys are marketed both dressed (sometimes called New York dressed) and ready-to-cook. Dressed turkeys have been bled and have had feathers removed. They have not been drawn, nor have head and feet been removed. Ready-to-cook turkeys are fully drawn, have had head and feet removed, and usually come with cleaned neck and giblets packed inside.

Storing Frozen Turkeys

Like any dressed or ready-to-cook poultry, frozen turkeys are very perishable. Proper storage conditions are essential even for short periods. Frozen turkeys should be stored in a freezer at 0° F. or below until they are to be thawed for cooking.

The turkeys may be stored temporarily in the freezer in the boxes as delivered. For longer storage, wrap each turkey in moisture-vapor-proof locker paper. This type of wrapping is necessary to prevent the drying out of the turkeys in cold storage. Turkeys improperly wrapped for cold storage often get blotches on the skin known as "freezer burn" -- as a result of drying out. To save storage space and paper, the head and feet may be chopped off before wrapping the turkeys in locker paper.

Thawing Frozen Dressed Turkeys

Frozen dressed turkeys need to be thawed before they can be drawn and prepared for cooking. To save time in the school lunch kitchen, use the services of your local butcher or locker plant, if possible, to thaw and draw the turkeys. Such establishments usually are well equipped to handle quantity lots. If such services are not available, the following method is recommended:

1. Remove turkeys from freezer storage.
2. Cut off the feet and head if this has not been done.
3. Place turkeys on a shelf or other clean surface in a cold room or refrigerator (40° to 45° F.) until ready to draw.
4. Check from time to time to note progress of thawing. As soon as you can bend the legs easily, the turkeys are ready to draw. Do not wait until the internal organs are entirely defrosted as they are more easily withdrawn when slightly frozen.

TIME GUIDE FOR THAWING FROZEN DRESSED TURKEYS
IN THE REFRIGERATOR AT 40° F.

Approximate dressed weight	Thawing time (approximate)
<u>Pounds</u>	<u>Days</u>
25	2½
20	2
15	1½
12	1

Caution: The thawed turkey should be drawn promptly to prevent off flavors. Do not refreeze the thawed birds.

For speedier thawing of larger turkeys

To cut down the thawing times shown in the Time Guide above use either of the following methods:

- (1) Keep turkeys in the refrigerator (40° to 45° F.) for 24 hours. Then remove them and complete the thawing in a room having a temperature no higher than 70° F. Do not keep the turkeys in a hot place to thaw as they may begin to spoil before they have thawed.
- (2) Or put frozen turkeys under cold running water. They should thaw in 5 to 7 hours. Do not use warm or hot water as the outside flesh will be softened before the inside is thawed and spoilage may result. Do not soak the birds in water.

Drawing Turkey and Preparing for Cooking

1. Cover work surface with butcher paper or several layers of newspaper covered with heavy waxed paper. Do not place turkey directly on a work surface that is used to prepare other foods.
2. Remove any pinfeathers with tweezers, strawberry huller, or paring knife.
3. Singe bird, if hairs are present. A gas, alcohol, or candle flame may be used.
4. Wash the bird in cold water and dry.
5. Cut out the oil sac on top of the tail.

6. Draw the bird as follows:

- a. Slit the skin lengthwise at the back of the neck. Loosen the skin; remove the windpipe and crop.
- b. Cut the neck off close to the body leaving the neck skin on the bird. Save the neck for cooking.
- c. Place the bird on its back. Cut around the vent in a circle being careful not to puncture the intestines. Use a sharp knife and keep close to the bones. Leave the vent attached to the intestines to be removed with the internal organs.
- d. Make a lengthwise cut from the tip end of the breastbone to the vent, again being careful not to puncture intestines.
- e. Insert hand through slit. Loosen organs from body cavity.
- f. Work hand to top of body cavity. Carefully pull out internal organs and vent. Be sure to remove and discard the lungs, which are attached to the ribs. Save giblets (heart, gizzard, and liver) if these are in good condition. Discard the other internal organs.
- g. Clean the giblets. Remove blood clots and blood vessels from heart. Slit one side of the gizzard just to, but not into, the inner sac. Turn gizzard inside out; pull away from sac and discard the sac. With a sharp knife carefully remove green gall sac from liver. Do not break sac as the bitter gall will flavor any meat that it touches. Wash all giblets quickly but thoroughly in cold water.

7. Wash bird thoroughly inside and out in soda water. Rinse in cold running water. Wipe dry.

8. Cook the turkey and giblets immediately if possible. Or wrap loosely in waxed paper and store in refrigerator (35° to 40° F.).

Caution: Do not hold the turkey or giblets longer than 24 hours before cooking. Do not refreeze.

Amount to Cook

The yield of edible cooked meat depends upon the breed, weight, age, sex, and fatness of the bird, and the cooking and serving methods used. In general, 45 to 50 pounds of medium-sized turkeys, dressed weight (or 38 to 43 pounds, ready-to-cook weight), will provide about 100 2-ounce servings of cooked white and dark meat (not including the neck meat,

giblets, skin, and bones for which uses are suggested below). If figuring on an individual basis, allow about 1/2 pound dressed turkey or 2/5 pound ready-to-cook turkey per 2-ounce serving.

Cooking Turkeys

Turkeys may be roasted, stewed, or steamed--either whole or cut up. Select a method of cooking that is suited to the size and tenderness of the turkeys, the cooking and serving equipment at hand, refrigerator space, and available time of workers.

To conserve refrigerator space when turkeys are cooked the day before serving, the cooked meat may be removed from the bones before storing.

Roasting usually is the preferred method for cooking if the turkey is to be sliced and served. However, roasting requires considerable oven space. And if the roasting is done the day before serving, turkeys take up considerable refrigeration space if stored whole. Do not stuff turkeys to be roasted. Instead, bake the dressing separately. This accepted practice in large-quantity cooking saves time in preparation and serving and assures uniform portions. Furthermore, there have been reports of food poisoning that resulted when turkeys were stuffed before roasting for quantity service.

The directions for roasting, stewing, steaming, and cooking turkeys in a pressure cooker given in this publication do not include addition of salt. Instead, salt is added in the recipes, pages 15 to 27, which use the cooked turkey meat. If the turkey is to be served after cooking by one of these four basic cooking methods, add salt during the cooking.

Neck and wing tips may be stewed with the giblets. Livers cook in less time than the other giblets so should be added later or cooked separately. Giblets and neck and wing meat may be cut up and added to gravy or dressing. Cooked skin from stewed or steamed turkey should be ground before blending into dressing, sandwich filling, scalloped dishes, or other mixtures.

Turkey broth or drippings probably will be needed for gravy and dressing, but it may be used in soup. Bones and skin from roasted turkeys may be stewed to obtain broth.

1. Fold neck skin back and fasten with skewers or tie with clean cord; fold wings toward the back; tie legs together and fasten to tail.
2. Rub bird with cooking fat and place on a rack in a shallow pan with the breast side down. Do not add water. Do not cover.
3. Roast according to time and temperature given in the table below. Baste with pan drippings and turn small or medium-sized birds about every hour; turn larger birds about every hour and a half.

TIMETABLE FOR ROASTING TURKEYS

Dressed Weight	Ready-to-cook	Oven	Time
	weight $\frac{1}{2}$	Temperature	
Pounds	Pounds	° F.	Hours
6 to 10	5 to 8- $\frac{1}{2}$	325)	2- $\frac{1}{2}$ to 3
10- $\frac{1}{2}$ to 14	9 to 12	325) (Slow	3 to 3- $\frac{1}{2}$
14- $\frac{1}{2}$ to 18	12- $\frac{1}{2}$ to 15- $\frac{1}{2}$	325) oven)	3- $\frac{1}{2}$ to 4- $\frac{1}{2}$
18- $\frac{1}{2}$ to 24	16 to 21	300)	4- $\frac{1}{2}$ to 6
24- $\frac{1}{2}$ to 30	21- $\frac{1}{2}$ to 26	300)	6 to 7- $\frac{1}{2}$

1/ Neck and giblets included.

4. Make these tests for doneness:

See that the flesh is slightly shrunken beneath the skin and that joints can be moved easily.

Prick the thick portion of the breast and thigh with skewer or fork to make sure meat is tender and that juice running out has no pink color.

Check especially on inside thigh meat to be sure turkey is well-cooked throughout.

5. When turkey is well done, slice and serve at once. Or cool quickly and refrigerate.

To Cool and Refrigerate Roast Turkey

1. Take turkey out of roasting pans and place on wire racks to speed the cooling.
2. When turkeys are cool enough to handle easily, remove the meat from the bones and spread on wire racks. When the meat is completely cool, wrap loosely in waxed paper.
3. Store in the refrigerator (35° to 40° F.).

Caution: Do not hold meat more than 2 days after roasting.

STEWED TURKEY (Cooking, Cooling and Refrigerating)

Main Dishes

To Cook

1. Cut turkey in pieces or leave whole.
2. Put in stock pot or steam-jacketed kettle.
3. Add enough hot water just to cover turkey.
4. Cover and simmer. Do not boil.
5. Cook until tender. Young whole turkeys may take only 3 to 4 hours; older turkeys will take longer.
6. When turkey is well done, serve at once. Or cool quickly and refrigerate.

To Cool and Refrigerate

- Cool turkey and broth separately as follows:
1. Remove turkey from broth and place on wire racks to speed the cooling.
 2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.).
 3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, wrap loosely in waxed paper. Store in refrigerator (35° to 40° F.).

Caution: Do not hold cooked meat or broth longer than 2 days.

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STEAMED TURKEY (Cooking, Cooling and Refrigerating)

Main Dishes

To Cook

- Turkey may be steamed in the compartment steamer without pressure or under low pressure.
1. Cut turkey in pieces or leave whole.
 2. Place turkey in solid (not perforated) pans in steamer compartment. Close and fasten door.
 3. Steam turkey until tender, allowing 6 to 8 minutes per pound (dressed weight) at 5 pounds pressure. It will take longer if steamed without pressure.
 4. When turkey is well done, serve at once. Or cool quickly and refrigerate.

To Cool and Refrigerate

- Cool turkey and broth separately as follows:
1. Remove turkey from broth and place on wire racks to speed the cooling.
 2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.).
 3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, wrap loosely in waxed paper. Store in refrigerator (35° to 40° F.).

Caution: Do not hold cooked meat or broth longer than 2 days.

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TURKEY COOKED IN PRESSURE COOKER
(Cooking, Cooling and Refrigerating)

Main Dishes

1. Put water in bottom of pressure cooker to cover the rack.
2. Place whole or cut-up turkey on rack or in inset pan in the bottom of the cooker. Do not pack pieces tightly or fill the cooker more than three-fourths full of cut-up meat.
3. Close cooker and start cooking. Leave pet cock open for about 5 to 7 minutes (or until steam escapes freely) to remove air from cooker.
4. Close pet cock and bring pressure up to 10 pounds. Cook at 10 pounds pressure for 20 to 25 minutes or longer. Time will vary according to age of birds.
5. Remove cooker from heat. Cool at room temperature until the gage is at zero. Do not try to open cooker before gage reading is at zero.
6. Open cooker. If well done remove turkey at once. Otherwise finish the cooking as directed above.
7. When turkey is well done, serve at once. Or cool quickly and refrigerate.

To Cool and Refrigerate Pressure-cooked Turkey

Cool turkey and broth separately as follows;

1. Remove turkey from broth and place on wire racks to speed the cooling.
2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.).
3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, wrap loosely in waxed paper. Store in refrigerator (35° to 40° F.).

Caution: Do not hold cooked meat or broth longer than 2 days.

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BARBECUED TURKEY

Main Dishes

100 Portions	Ingredients	Portions	Cost
12 pounds (1-1/4 gallons)	Tomato catsup		
3-1/2 cups	Water		
3-1/4 cups	Vinegar		
1-1/8 pounds (3 cups)	Finely chopped onion		
1-1/4 pounds (1 quart)	Finely chopped green pepper		
1/4 cup	Worcestershire sauce		
1 tablespoon	Crushed bay leaf		
2 tablespoons	Chili powder		
4 tablespoons	Salt		
12-1/2 pounds (2-1/2 gallons)	Diced cooked turkey		
100	Buns, split and toasted		

1. Blend tomato catsup, water, vinegar, vegetables, and seasonings.
2. Simmer until vegetables are tender (about 30 minutes).
3. Add turkey.
4. Reheat to serving temperature.
5. Split one bun for each serving; serve a No. 16 scoop (1/4 cup) on each half.

Portion; 1/2 cup. Provides 2 ounces protein-rich food. Total cost _____ Cost per portion _____

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TURKEY GOULASH

Main Dishes

100 Portions	Ingredients	Portions	Cost
2 pounds	Uncooked macaroni (1-inch pieces)		
1-1/2 pounds (3 cups)	Turkey fat and/or butter or margarine		
1 pound (1 quart)	Sifted flour		
2 gallons	Skimmed turkey broth		
2-1/3 pounds (1 quart)	Tomato paste		
1/4 cup	Salt		
12-1/2 pounds (2-1/2 gallons)	Diced cooked turkey		
1 pound (2-2/3 cups)	Chopped onion		
3 tablespoons	Minced green pepper		

1. Cook macaroni in boiling salted water until tender. Drain.
2. Make sauce; Melt fat and blend in flour. Add broth to tomato paste. Gradually stir broth-and-tomato mixture into fat and flour. Add salt.
3. Combine sauce, turkey, cooked macaroni, onion, and green pepper.
4. Place in 4 greased baking pans (12 by 16 inches).
5. Bake at 350° F. (moderate) for 1 hour.

Portion; 3/4 cup. Provides 2 ounces protein-rich food. Total cost _____ Cost per portion _____

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TURKEY LOAF

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-1/4 pounds (2-2/3 cups)	Uncooked rice		
2 dozen	Eggs, separated		
3 quarts	Milk*		
1/4 cup	Salt		
6 ounces (1 cup)	Minced onion		
9-1/2 pounds (1-7/8 gallons)	Diced cooked turkey		
1-1/4 pounds	Soft bread cubes		
3 quarts	Turkey gravy		

1. Cook rice in boiling salted water until almost tender. Drain.
2. Blend egg yolks and milk. Mix in salt, onion, cooked rice, turkey, and bread cubes.
3. Beat egg whites. Fold into turkey mixture.
4. Place in 3 greased baking pans (12 by 16 inches).
5. Bake at 375° F. (moderate) for about 50 minutes.
6. Serve with turkey gravy. (See Turkey Gravy.)

Portion: 3/8 cup plus 2 table- Total cost _____
 spoons gravy. Provides Cost per portion _____
 2 ounces protein-rich food.

* 12 ounces (3 cups) nonfat dry milk mixed with 3 quarts water may be used.

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TURKEY NOODLE SCALLOP

Main Dishes

100 Portions	Ingredients	Portions	Cost
2 pounds	Uncooked egg noodles		
1-1/4 pounds (1-1/4 quarts)	Sifted flour		
2 gallons	Liquid (skimmed broth and vegetable liquid)		
1-1/2 pounds (1 quart)	Finely chopped onion		
1/3 cup	Salt		
2 pounds (1 quart)	Turkey fat and/or butter or margarine		
12-1/2 pounds (2-1/2 gallons)	Diced cooked turkey		
1 No. 10 can	Peas, drained		

1. Cook noodles in boiling salted water until just tender. Drain.
2. Make sauce: Blend flour and 1 quart of the liquid. Heat remaining liquid with onion. Stir in flour paste gradually. Cook until thickened, stirring occasionally. Add salt and fat.
3. Combine sauce, cooked noodles, turkey, and peas.
4. Place in 4 greased baking pans (12 by 16 inches).
5. Bake at 400° F. (hot) for 30 minutes.

Portion: 7/8 cup. Provides Total cost _____
 2 ounces protein-rich food. Cost per portion _____

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Main Dishes

TURKEY PIE (with biscuit topping)

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (1-1/2 quarts)	Diced celery		
3 pounds (2-1/4 quarts)	Diced carrot		
2-1/4 pounds (2-1/4 quarts)	Sifted flour		
2-1/4 gallons	Liquid (skimmed broth and vegetable liquid)		
2-1/4 pounds (4-1/2 cups)	Turkey fat and/ or butter or margarine		
1/3 cup	Salt		
3 No. 2 cans (1-3/4 quarts)	Peas, drained		
1 pound (2-2/3 cups)	Finely chopped onion		
12-1/2 pounds (2-1/2 gallons)	Diced cooked turkey		
100	Unbaked bis- cuits (2 inch)		

Portion: 3/4 cup plus 1 biscuit. Total cost _____
 Provides 2 ounces protein-rich food and 1/4 cup vegetable. Cost per portion _____

1. Boil or steam celery and carrots together until just tender. Drain. Save liquid for sauce.
2. Make sauce; Blend flour and 3 quarts of the liquid. Heat remaining liquid. Add flour paste gradually, stirring constantly. Add fat and salt. Cook until thickened, stirring occasionally.
3. Combine sauce, celery, carrots, peas, onion, and turkey.
4. Place in 4 baking pans (12 by 16 inches). Bake at 425° F. (hot) for 30 minutes.
5. Remove from oven. Top with 100 2-inch biscuits.
6. Bake at 450° F. (very hot) for 12 to 15 minutes.

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Main Dishes

TURKEY-HAM SANDWICH FILLING

100 Portions	Ingredients	Portions	Cost
9-1/2 pounds (2-1/2 gallons)	Coarsely ground cooked turkey		
3 pounds (2-1/2 quarts)	Coarsely ground cooked cured lean ham		
2 pounds (2 quarts)	Finely diced celery		
3 tablespoons	Salt		
About 2 quarts	Salad dressing		

Portion: 1/3 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Combine all ingredients, mixing in enough salad dressing to moisten.
2. Portion with a No. 12 scoop (1/3 cup).

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Main Dishes

TURKEY ON RICE

100 Portions	Ingredients	Portions	Cost
2-1/2 pounds (2-1/2 quarts)	Diced celery		
1-1/2 pounds (1-1/4 quarts)	Finely chopped green pepper		
2 pounds (1-1/4 quarts)	Finely chopped onion		
2 pounds (2 quarts)	Sifted flour		
2-1/2 gallons	Liquid (skimmed broth and vege- table liquid)		
2 pounds (1 quart)	Turkey fat and/ or butter or margarine		
1/3 cup	Salt		
12-1/2 pounds (2-1/2 gallons)	Diced cooked turkey		
100 1/4-cup servings*	Drained cooked rice		

Portion: 3/4 cup.

Total cost _____

Provides 2 ounces protein-
rich food.

Cost per portion _____

1. Boil vegetables together until celery is tender. Drain. Save liquid for sauce.
2. Make sauce; Blend flour and 3 quarts of the liquid. Heat remaining liquid. Add flour paste gradually, stirring constantly. Add fat and salt. Cook until thickened, stirring occasionally.
3. Combine sauce, vegetables, and turkey.
4. Reheat to serving temperature.
5. To serve, ladle 3/4 cup of turkey mixture over a No. 16 scoop (1/4 cup) of cooked rice

* About 3-1/2 pounds (7-1/2 cups) uncooked rice.

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Salads and Salad Dressings

TURKEY SALAD

100 Portions	Ingredients	Portions	Cost
9 pounds (7-1/4 quarts)	Diced cooked turkey		
4 pounds (1 gallon)	Diced celery		
2-1/2 dozen	Hard-cooked eggs, chopped		
1-1/2 quarts	Mixed sweet pickle, drained and chopped		
4 tablespoons	Salt		
About 1-1/4 quarts	Salad dressing		

Portion: 1/2 cup.

Total cost _____

Provides 2 ounces protein-
rich food.

Cost per portion _____

1. Toss all ingredients together lightly blending in enough salad dressing to coat well.
2. Portion with a No. 8 scoop (1/2 cup).

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Salads and Salad Dressings

TURKEY SALAD (with potatoes)

100 Portions	Ingredients	Portions	Cost
6-1/4 pounds (1-1/4 gallons)	Diced cooked turkey		
4-1/2 pounds (3 quarts)	Diced cooked potato		
3 pounds (3 quarts)	Diced celery		
6 ounces (1 cup)	Finely chopped onion		
About 1 quart	Salad dressing		
3 tablespoons	Lemon juice		
4 tablespoons	Salt		

1. Combine all ingredients, mixing together lightly.
2. Chill before serving.
3. Portion with a No. 12 scoop (1/3 cup).

Portion: 1/3 cup.

Provides 1 ounce protein-rich food and 1/4 cup vegetable.

Total cost _____
Cost per portion _____

U. S. BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

Breads

BREAD DRESSING

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (3 cups)	Turkey fat and/or butter or margarine		
3 pounds (3 quarts)	Chopped celery		
3 pounds (2 quarts)	Chopped onion		
7-1/2 pounds	Untrimmed soft bread cubes		
2 tablespoons	Salt		
1/4 cup	Poultry seasoning		
As needed	Turkey broth		

1. Melt fat. Add celery and onion. Cover and cook until celery is tender.
2. Sprinkle seasonings throughout the bread cubes; then, blend in celery-onion mixture.
3. Add turkey broth as needed to moisten slightly. Blend thoroughly.
4. Place in 2 greased pans (12 by 16 inches).
5. Bake at 350° F. (moderate) for about 1 hour.
6. Serve with a No. 16 scoop (1/4 cup).

Portion: 1/4 cup.

Total cost _____
Cost per portion _____

Note: Finely chopped cooked giblets may be added with the cooked celery-onion mixture.

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Breads

CORN BREAD DRESSING

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (3 cups)	Turkey fat and/ or butter or margarine		
2 pounds (2 quarts)	Chopped celery		
2-1/4 pounds (1-1/2 quarts)	Chopped onion		
4 pounds	Untrimmed soft bread cubes		
5-1/2 pounds	Day-old corn bread,* crumbled		
3 tablespoons	Salt		
1 tablespoon	Thyme		
2 tablespoons	Sage		
About cups	Turkey broth		

Portion: 1/4 cup.

Total cost _____
Cost per portion _____

1. Melt fat. Add celery and onion. Cover and cook until celery is tender.
2. Combine breads and seasonings and mix well; then, blend in celery-onion mixture.
3. Add turkey broth as needed to moisten. Blend thoroughly.
4. Place in 2 greased pans (12 by 16 inches).
5. Bake at 350° F. (moderate) for about 1 hour.

* See recipe for Corn Bread (with dried egg). One-half of this recipe for 100 portions yields about 5-1/2 pounds. (Recipe published in "School Lunch Recipes Using Dried Whole Eggs," page 5.)

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TURKEY GRAVY (with or without giblets)

100 Portions	Ingredients	Portions	Cost
1-1/4 pounds (2-1/2 cups)	Turkey fat and/ or butter or margarine		
1 pound (1 quart)	Sifted flour		
5-1/2 quarts	Turkey broth		
3 tablespoons	Salt		

Portion: 1/4 cup.

Total cost _____
Cost per portion _____

- Sauces and gravies
1. Melt fat, blend in flour, and cook until brown, stirring constantly.
 2. Gradually stir in broth. Add salt.
 3. Cook until thickened. Continue cooking a few minutes stirring occasionally.

Note: Finely chopped cooked giblets may be added. Heat thoroughly before serving.

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CREAM OF TURKEY SOUP

Soups and Chowders

100 Portions	Ingredients	Portions	Cost
2-3/4 gallons	Skimmed turkey broth		
2-1/4 pounds (1-1/2 quarts)	Finely chopped onion		
2-1/4 pounds (2-1/4 quarts)	Finely chopped celery		
4 ounces (1/2 cup)	Salt		
12 ounces (3 cups)	Grated carrot		
6-1/4 pounds (1-1/4 gallons)	Diced cooked turkey		
1 pound (1 quart)	Sifted flour		
2-3/4 gallons	Milk		
1 pound (2 cups)	Turkey fat and/or butter or margarine		

1. Heat turkey broth to boiling.
2. Add onion, celery, and salt. Boil gently until vegetables are tender.
3. Add carrot and turkey.
4. Blend milk into flour. Stir slowly into hot mixture. Blend in the fat. Cook until slightly thickened.

Portion: 1 cup. Total cost _____
 Provides 1 ounce protein-rich food. Cost per portion _____

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TURKEY-RICE SOUP

Soups and Chowders

100 Portions	Ingredients	Portions	Cost
5 gallons	Skimmed turkey broth		
3 pounds (2 quarts)	Finely chopped onion		
4-1/2 pounds (4-1/2 quarts)	Finely chopped celery		
4 ounces (1/2 cup)	Salt		
1-1/2 pounds (3/4 quart)	Uncooked rice		
6-1/4 pounds (1-1/4 gallons)	Diced cooked turkey		

1. Heat turkey broth to boiling.
2. Add onion, celery, salt, and rice. Boil gently until rice and vegetables are tender.
3. Add turkey. Simmer about 15 minutes before serving.

Portion: 1 cup. Total cost _____
 Provides 1 ounce protein-rich food. Cost per portion _____

Note: If a slightly thickened soup is desired cool 1 quart of the liquid and blend into 8 ounces (2 cups) sifted flour. Stir into hot soup after adding turkey. Cook until slightly thickened.

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